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Magical herbs of Armenia



“The higher is the mountain the better the herbs are”.



It is no secret that Armenia is a country where people are fond of drinking coffee, but nowadays one can get natural herbal tea smell from almost every house.

As Armenia is a mountainous country, the great part of the herbs growing on a hillside are frequently used to make tea. The tea producers even noticed a regularity: “the higher is the mountain the better the herbs are”.

It is widely known that tea comes from China and its origin is always associated with the second Emperor of China Shen Nung (approx. 2737 B.C.). The Emperor is said to have accidentally put a leaf of a tea bush into the pot with boiling water. Since that time tea has spread around the world and has become an important part of both official ceremonies and friend gatherings.



Black tea isn't usually grown in Armenia, but there is a great variety of drinks made with black tea and its combination with Armenian mountainous herbs.

"All kinds of Herbal tea are often used in all regions of Armenia, but the absolute favorites are thyme, chamomile, pomegranate flower and rose hip teas. In fact, the latter is the highest in Vitamin C " tells us Armenian tea producer Gevorg Abrahamyan.



Mountainous herbs are not only used for good flavor but also in medical purposes. Our ancestors knew about it and used them both for making tea and in cooking. The pomegranate flower, for instance, is a good remedy for diabetes, as it is able to low blood glucose.

Crushed flowers of pomegranate and hazel are the best natural cough remedies.

“My daughter caught a cold 7 years ago. All the flu symptoms were gone except hard coughing. We spent about 3 months going to different doctors and hospitals, we tried everything: ultraviolet treatment of bronchitis, injections and antibiotics. During one of the usual cough attacks I got really upset and went out of the house hardly fighting back my tears. Learning about it our neighbor gave me a handful of hazel flower and told me how to make a tea from it. After a week’s course of tea therapy my daughter got better” tells us a herbal tea lover Jemma Kocharyan.

But herbs have to be used very carefully. All the tea lovers know that thyme (“urts” in Armenian) is contraindicated in hypotension, because it lowers blood pressure, while mint (“nana” in Armenian) raises it.

“Herbal tea is particularly healthy after a heavy meal” says Vahe Ispiryan , the manager of a tea store in Yerevan and adds that mainly tourists and elderly people buy herbal tea in Armenia, while young people prefer fruit tea.




nowadays Armenian tea assortment is quite impressive. Old lady Anush sells herbs at the entrance of one of the city markets and says that she herself goes to Dilijan, Byurakan and Sevan for tea plucking, then washes and dries the herbs. That's why she takes the whole responsibility of their quality. Old lady Anush shares another secret of thyme: a cup of thyme tea is a helpful remedy to relieve headache.

Other herbs have a lot of helpful properties as well: mint is a perfect analgesic, marjoram is used to steady nerves.

All the tea lovers know that this aromatic drink not only keeps one warm, but also creates cozy and friendly atmosphere.

Original article in Russian: [Sputnikarmenia.ru](http://sputnikarmenia.ru)

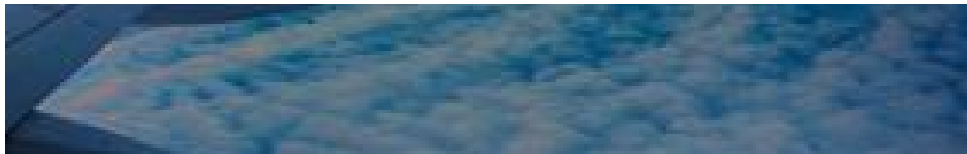
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